

# Upper KS2: Social Distancing

Cardio Fitness				
Year 3	Learning Objectives & Intentions	Key Questions	Context & Structure	Success Criteria
Suggested Sequence of Learning Part 6	<p>The focus of the learning is to understand the functions of the cardiovascular system and how aerobic fitness affects our bodies.</p> <p>Pupils will perform a cardio circuit developing their own aerobic fitness.</p> <p><b>*Use suitable equipment inline with Government Guidelines.</b></p>	<p>What is the cardiovascular system? The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.</p> <p>What are the main functions of the heart, lungs, blood and muscles?</p> <p>Why do we need to keep fit and healthy?</p> <p>How do we keep fit and healthy?</p> <p>What happens to our heart, lungs, blood and muscles when we exercise?</p> <p>What are the dangers of leading an unhealthy and inactive lifestyle?</p> <p>Why do we need to warm up before we exercise?</p> <p>Throughout the cardio circuit refer to questions on the cardio station cards.</p>	<p><b>Show What You Know</b> Working individually in their own space (ideally in a marked out square of their own) pupils create their own warm up ideas to raise their heart rates.</p> <p><b>Cardio 1 Circuit</b> Set out stations with adequate space in between. Depending on the number of pupils in each class, two pupils can perform an activity at the same station providing pupils remain 2m apart. Ensure pupils have an equal amount of time at each station (45-60 seconds).</p> <p><b>Use the cardio 1 station cards, 15 cardio station cards and circuit layout.</b> If equipment* is suggested for example station card 7, Skipping, ask pupils to jump on the spot. For activities where benches are used, station card 5, Bench Pulls and station card 15, Bench Bunny Jumps, benches should be cleaned after each station or the activity should be adapted without using the bench.</p> <p><b>Cool Down</b> Pupils walk on the spot, taking deep breaths in and out. Refer back to the warm up. Which movements could we repeat more slowly, to reduce our heart rate and relax our muscles? After the warm down tell pupils to take and record their pulse rate. Compare and discuss the changes in pupils' pulse rates</p>	<p>(P) Can pupils work hard to complete the circuit?</p> <p>(C) Do pupils understand why we need to exercise?</p> <p>(S) Can pupils co-operate with each other and follow the rules?</p> <p><b>Cooperation</b></p> <p>(W) Can pupils try thier hardest on every station?</p> <p><b>Integrity</b></p> <p>(P) Are pupils able to warm themselves up and cool themselves down?</p> <p>(P&amp;W) Can pupils complete the circuit selecting a suitable level of difficulty?</p> <p><b>Integrity</b></p> <p>(C) Do pupils understand the impact of exercise on the cardiovascular system?</p> <p>(W) Do pupils continue to try and improve their own performance?</p> <p><b>Self Motivation</b></p>
Pupil Observations and Assessment				
Targets	KS1	Lower KS2	Upper KS2	Beyond KS2